

Power and Control Wheel

Using Harmful Language

- Name calling.
- Playing mind games.
- Humiliating someone.
- Making someone feel insecure.
- Making someone feel guilty.
- Telling lies or private information about someone to others.

Using Social Standing

- Using popularity, class, race or disability to manipulate someone else.
- Making all the decisions for someone.
- Being the only one to define roles in the relationship.

Using Technology

- Sending unwanted text messages.
- Breaking into someone's social networking profile, email, or cell phone.
- Pressuring someone to take, send or look at sexual photos or pictures.

Using Intimidation

- Making someone afraid by using looks, actions, or gestures.
- Smashing, destroying, or stealing property.
 - Abusing pets or loved ones.
 - Displaying weapons.

Minimizing, Denying, or Blaming

- Minimizing the impact of abuse.
- Not taking concerns about abuse seriously.
- Saying the abuse didn't happen.
- Blaming abusive behavior on stress, alcohol, drugs, or jealousy.
- Saying the victim caused the abuse.

Using Threats

- Making threats to use physical or sexual violence.
- Threatening to leave, to commit suicide, or report someone to the police.
- Making someone do illegal things.
- Threatening to expose someone's HIV status, immigration status, or other private information.

Sexual Coercion, Harassment, or Assault

- Manipulating to get sex or other sexual activity.
- Getting someone drunk or drugged to get sex.
- Destroying or refusing to use birth control or STD protection during sex.
- Making sexual comments, giving inappropriate looks, or telling sexual jokes.
 - Sexually touching, grabbing, rubbing, or pinching someone without their consent.

Using Physical Violence

- Hitting, scratching, shaking, choking, pinching, pushing, biting, or grabbing.
- Using one's body size or strength against another person.

Exclusion

- Controlling what someone does or where she/he goes.
- Deciding who someone sees, talks to, or what she/he wears.
- Limiting outside involvement.
- Pressuring someone to be part of a group.
- Isolating someone from their friends or family.